



NEWS RELEASE

August 19, 2011

For Immediate Release

Allergy-free cooking author to visit Fayetteville

Ozark Natural Foods is hosting a cooking demonstration with Stephanie Hapner.

FAYETTEVILLE, AR - On August 25, from 4:00 pm to 6:00 pm, Ozark Natural Foods will be hosting a cooking demonstration with [Stephanie Hapner](#), author of [Allergy-Free Cooking Everyone Loves](#), a cookbook with over 300 allergen-free recipes.

Hapner's son was diagnosed with a rare disease in which he has to avoid numerous food allergens including corn, dairy, wheat, peanuts and more. According to her website, "Hapner decided it wasn't practical to prepare one meal for her son and another for the family, so she embarked on a journey to create the flavorful allergen-free food she believed her son deserved to eat."

Hapner is nationally recognized as an allergy-free cooking expert by doctors and dietitians and she "travels the United States teaching about healthy foods and alternative ingredients and recipes."

A book signing will follow the demonstration, with copies of her cookbook for sale.

Ozark Natural Foods is a locally owned consumer cooperative dedicated to healthful living and sustainability by providing our owners and the Northwest Arkansas community with natural and organic products and related services, located at 1554 N. College Ave., in the Evelyn Hills Shopping Center.

For more information on Stephanie and the event, please visit:

<http://www.ozarknaturalfoods.com/2011/08/stephanie-hapner-cooking-demonstration/>

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If you would like more information or to schedule an interview, please contact Alexa McGriff, Marketing Director at Ozark Natural Foods.

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